



# The Life Energy Development Weekly

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*Weekly Newsletter to develop the energy and purify the mind solely dedicated to the service of the practitioners of the Vo-Vi method of Meditation*

## Direction

With the changing direction, we strive to return to our unique origin,  
Learning with serenity, we avoid to be born in vulgarity,  
Returning to our true origin within tranquility,  
We learn incessantly to attain enlightenment.

*Vi Kien*

## Baby Tam Talking To You

*from 22 December 2001 to 28 December 2001*

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Dear Friends,

The Be Tam's Self-Dialogue is written with an **EMPTY** heart, and is closely connected to the benevolent energy of the Great Compassion. It is also a remedy for mental disorders, capable of releasing impure energy from the heart, the liver, and the kidneys. One should not shorten or edit any section; those sincerely devoted to spiritual perfection will understand the deep philosophy of Be Tam's writings.

I hope that you will practice in a righteous manner to truly understand the evolution path of the spiritual consciousness.

Respectfully Yours,

Baby Tam

### Questions

1. *What causes love and attachment?*
2. *What brings happiness and harmony?*
3. *What is the purpose of the law of cause and effect?*
4. *How do we develop our mind and spirit?*
5. *How can we ascend to higher spheres?*
6. *Where does compassionate love appear?*
7. *What should we do to advance with steadiness on the spiritual path?*



<p><b>Dallas, 22 December 2001, 7:30 AM</b>  Q: <i>What causes love and attachment?</i></p> <p>A: Love and attachment are caused by karmic relations established in anterior lives.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The true heart hides attachment and love,  Our heart analyses the memories and affectionate ties,  Whether it's affectionate love or intuitive communication,  With a clear understanding, we know how to choose the  right direction.</i></p>
<p><b>Dallas, 23 December 2001, 5:35 AM</b>  Q: <i>What brings happiness and harmony?</i></p> <p>A: Happiness and harmony come from human love.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>Happiness only comes with love and harmony,  With a wise mind, we clearly understand the subtle  dharma,  Awakening our consciousness, we have the opportunity to  be reunited,  With perseverance, we practice diligently to perfect  ourselves.</i></p>
<p><b>Houston, 24 December 2001, 11:50 AM</b>  Q: <i>What is the purpose of the law of cause and effect?</i></p> <p>A: The law of cause and effect exists to punish those who lack wisdom.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>The law of cause and effect punishes those lacking  wisdom,  Torturing their true heart, their breath and mind are  agitated,  Those who achieve kindness are passing their own tests,  Realizing the unique spiritual opportunity, their mind and  heart never forget.</i></p>
<p><b>Houston, 25 December 2001, 2:00 AM</b>  Q: <i>How do we develop our mind and spirit?</i></p> <p>A: We develop our mind and spirit by directing our thoughts toward the World Above.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>We develop our mind and spirit with true practice,  Achieving full wisdom, we'll return to the sphere of  emptiness,  Understanding many things, we'll influence everywhere,  Communing with Heaven and Earth, we'll remain silent.</i></p>
<p><b>Houston, 26 December 2001, 3:50 AM</b>  Q: <i>How can we ascend to higher spheres?</i></p> <p>A: We must practice with diligence and perseverance in order to ascend to higher spheres.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p style="text-align: center;"><i>With an awakened consciousness, we maintain a  constant serenity,  Understanding the Divine Grace, we advance steadily,  Whether we have possessions or none, we are free of  worries,  Observing justice and compassion, we never lament.</i></p>

<p><b>Houston, 27 December 2001, 2:35 AM</b>  <i>Q: Where does compassionate love appear?</i></p> <p>A: Compassionate love appears through mutual understanding.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Through compassionate love and mutual understanding,  we help each other,  With unity, we are able to change the circumstances,  Helping others, we don't need to boast our actions,  Working constructively together, we advance in stages.</i></p>
<p><b>Houston, 28 December 2001, 3:45 AM</b>  <i>Q: What should we do to advance with steadiness on the spiritual path?</i></p> <p>A: In order to advance with steadiness on the spiritual path, we should direct our mind toward the World Above and practice with diligence. We will then obtain good results.</p>	<p style="text-align: center;"><b><u>Psalm</u></b></p> <p><i>Practicing diligently, we turn our mind toward spirituality,  Our results prove our spiritual progress,  Learning constantly, we enlighten our consciousness,  Advancing on the great path, we understand divine love truly.</i></p>



Translated by Xuan Mai

**Notes:**

*The attached translation is a rough draft of Muc Be Tam from the current Vietnamese LED Weekly version, that is prepared especially for English-speaking Vô-Vi fellow practitioners by the English Translation Team.*  
*The Editorial Staff strongly suggests that the document is not to circulate outside the Sunday discussion group, to maintain the accuracy of Master's teaching. A final edited version will be formally published at a later date.*